

January 2025

The Catamount School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.

1) Cereal Dried Fruit **6**

Popcorn Chicken
Seasoned Potatoes
Seasoned Peas
Southern Style Biscuit
Peach Cup

Yogurt & Granola Peach Cup **7**

Chicken Nachos
Cheese Sauce, Salsa ©,
Sour Cream ©
Seasoned Pinto Beans
Pineapple Tidbits

Cherry Frudel Pineapple Tidbits Hamburger **8**
w/ or w/out cheese
Lettuce, Tomato, Pickles ©
Oven Baked Fries
Strawberries
w/ whip topping

Muffin Strawberries **9**

Grilled Ham & Cheese
Sandwich
Carrot Coins w/ dip
Orange Slices

Super Donut Cereal (Pre-K) Orange Slices **10**

French Bread Pizza
Marinara Sauce ©
Whole Kernel Corn
Diced Peaches

2) Cereal Bar Diced Peaches **13**

Breakfast for Lunch
Eggs
Sausage Patty
Tater Tots
Biscuit & Gravy
Applesauce

Cereal Applesauce **14**

Breaded Pork Chop
Seasoned Peas
Sweet Potato Casserole
Southern Style Biscuit
Mixed Berries

Breakfast Pastry Mixed Berries **15**

Crispy Chicken Sliders
Lettuce, Tomatoes ©
Pickle Spear
Smile Fries
Mandarin Oranges

Cereal Mandarin Oranges **16**

Oven Baked Turkey
Mashed Potatoes w/ gravy
Seasoned Green Beans
Stuffing
Spiced Apples

Apple Frudel Applesauce **17**

Chicken Quesadilla
w/ or w/out queso
Salsa ©, Sour Cream ©
Seasoned Black Beans
Pineapple Tidbits

20

No School

Cereal Applesauce **21**

Chicken Tenders
Waffles w/syrup
Seasoned Green Beans
Sliced Peaches

Sweet Bread Slice Sliced Peaches **22**

Salisbury Steak
Mashed Potatoes w/gravy
Steamed Peas
Southern Style Biscuit
Strawberry Cup

Bagel Bar Strawberry Cup **23**

Chili w/ beans
Oven Baked Fries
Steamed Broccoli
w/cheese sauce
Breadstick
Diced Pears

Breakfast Pastry Diced Pears **24**

Cheese Dippers
w/ marinara sauce ©
Whole Kernel Corn
Sliced Peaches

Cereal Applesauce **27**

Mini Corn Dogs
Smile Fries
Glazed Carrots
Mixed Fruit

Cherry Frudel Mixed Fruit **28**

Chicken Alfredo
Roasted Broccoli
Garlic Bread
Strawberries & Blueberries
w/ whip topping

Yogurt & Granola Strawberries & Blueberries **29**

Grilled Ham & Cheese
Sandwich
Caesar salad w/ dressing
Banana
Pudding

Cereal Banana **30**

Chicken Fajita
Salsa ©, Shredded Cheese ©,
Sour Cream ©
Seasoned Black Beans
Orange Slices

Bagel Bar Orange Slices **31**

Pizza
Whole Kernel Corn
Diced Pears
Cookie

Breakfast:

Entrée, Grain/Bread, Fruit,
Juice,
& Milk
Additional Daily Breakfast
Options:
Fruit, Yogurt & Granola Parfaits
Oatmeal and
Breakfast Bistro Boxes:
Week 1:
Peanut Butter Cup -1oz.
Graham Crackers
Apple Slices
Week 2:
Bagel, Cream Cheese Cup,
Craisins
Week 3:
Boiled Egg, Cheese Stick,
Cinnamon Toast, Orange Slices
Lunch:
Choice of Entrée, Grain/Bread,
Vegetable, Fruit, Milk

Additional Daily Lunch Options:
PBJ, Chef Salad, Pizza Kit &
Yogurt Plate

USDA Regulations:

**Students must take 1/2 cup
fruit or 1/2 cup vegetable with
breakfast & lunch



**ITEMS IN RED ARE
NC FARM TO SCHOOL (F2S)**

This program, coordinated by the
North Carolina Department of
Agriculture and Consumer Services
(NCDA&CS), offers seasonal
produce for schools to purchase.

Menus are subject to change
according to product availability &
weather.

"USDA is an equal opportunity
provider and employer"